

## Abstract

The invention relates to a method for optical distance measurement, in which a transmitter of a transmission branch (14), which branch is integrated with a measuring device (10), transmits a modulated measurement beam (16, 36) in the direction of a target object (20), and the measurement beam (17, 44) reflected or scattered by the target object (20) is detected by a measurement receiver (54) integrated with the measuring device (10) and is transformed by a frequency mixing process into a low-frequency range.

According to the invention, for detection and frequency transformation of the returning measurement signal (17, 44), a measuring diode (62) whose cathode voltage and anode voltage are modulated with high frequency to generate a mixing signal is used.

An apparatus (10) is also proposed for performing the method of the invention.

(Fig. 1)